



FITNESS CLASSES OFFERED AT CANOE BROOK CENTER SUMMER 2014

Canoe Brook offers a variety of programs to help you maintain a healthy, fit lifestyle.

One \$24 fitness fee payable every 6 months is all it costs, WOW! No more excuses! ☺

Contact Nancy at 203-315-0684 or ncohen@branford-ct.gov to sign up.

<u>Class</u>	<u>Instructor</u>	<u>Day</u>	<u>Time</u>
Aerobics	Laura Richling	M & W	8:10 a.m.
Silk Reeling	Alanna Keating	Mon	9:30 a.m. (no fee)
Yoga - Beginner	Ellen Marks	Tue	9:00 a.m.
Yoga - Advanced	Ellen Marks	Tue	10:00 a.m.
Tai Chi- Beginner	Suzanne Hanley	Tue	2:30 p.m.
Swimming	Kim Healy	M-F	7:10 a.m.
Yoga - Intermediate	Ellen Marks	Thurs	9:00 a.m.
Yoga - New Beginner	Ellen Marks	Thurs	10:00 a.m.
Tai chi - Advanced	Suzanne Hanley	Thurs	2:30 p.m.
Zumba Gold	Laura Richling	Fri	8:10 a.m.
Tap Dancing	Mardyann Goglia	Fri	10:00 a.m. to resume 9/5
Line Dancing	Laverne McKenzie	Fri	1:30 p.m.
Wii- Bowling/Tennis/Golf	no instructor	M-W-TH	9:00 a.m. (no fee)

Aerobics taught by certified instructor Laura Richling, classes are designed specifically for seniors. Laura helps an energetic group stay fit. All fitness levels are welcome to join the class M&W at 8:10 a.m.

Tai Chi Silk Reeling: The movements are slow and benefit the whole body. Meets on Mon. at 9:30 a.m.

Yoga: Beginner, advanced, intermediate and new beginner yoga classes are offered Tuesday and Thursday mornings. Led by certified instructor Lynda Knox our classes are designed for seniors to promote healthy aging and increased flexibility. Class size is limited to ensure that the needs of all participants are addressed. Currently there is a small waiting list for beginner and advanced yoga classes. Beginner: Tue 9am, Advanced: Tue 10am, Intermediate: Thu 9am, New Beginner: Thu 10am

Tai chi, an ancient form of Chinese exercise originated in the 12th Century, focuses on slow fluid movements. Tai chi teaches balance with proper breathing and promotes health and well-being. Beginner: Tue 2:30 p.m. and Advanced: Thu 2:30 p.m.

Swimming in the early morning will get your day off to a great start! Under the supervision of lifeguard Kim Healy; free swims (no formal instruction) are held daily 7:10 a.m. - 8:00 a.m. Monday through Friday at Walsh Intermediate School Pool on Damascus Road.

Tap Dancing with Mardyann Goglia is a moving experience! Learn the time step, shuffle, brush, grapevine, Suzy Q and more! The first part of the class is spent on learning the steps and then Mardyann puts the steps to music for the students to learn a choreographed routine. Tap shoes must be worn to class. Contact Nancy on where to purchase the shoes. Fridays at 10:00 a.m.

Line Dancing with senior volunteer instructor Laverne McKenzie. Get in step with the latest line dances and you'll learn some great moves! Line dancing is great for memory because with dancing one must remember the sequence of the steps. Classes are held on Fridays at 1:30 p.m.

Zumba Gold is a fusion of Latin & international music & dance that creates an exciting and effective cardio workout geared for older adults. Class is on Fridays at 8:10 a.m.

Wii is a virtual gaming experience where you can play your favorite sport with a wireless controller indoors without worrying about outdoor weather conditions. Get fit while having fun!